

At the Norfolk Fitness and Wellness Center (NFWC) our priority is to provide a **supportive environment** for our members to achieve their health and fitness goals. Our **educated and enthusiastic staff** are eager to get you started on your workout plan and will encourage you each step of the way. The facility offers multiple areas that can be utilized for fitness activities. **Wellness expos** are offered twice a year to increase education and awareness of health and fitness trends.

The Norfolk Fitness and Wellness Center is an **Aerobics & Fitness Association of America (AFAA) approved** training site. The facility hosts monthly workshops in a variety of AFAA topics including, Primary Group Exercise Instruction and Personal Fitness Training. NFWC staff are available during office hours to provide facility tours and explain the **value of an NFWC membership**. We are excited to meet you and put you on the path to fitness success.



**Together we can reach your health and fitness goals!**



### Norfolk Fitness & Wellness Center

7300 Newport Avenue  
Norfolk, VA 23505  
P: 757-823-4301  
F: 757-823-4313  
[Norfolk.gov/rpos/wellness](http://Norfolk.gov/rpos/wellness)

### Hours of Operation

Days	Office	Memberships	Facility
Mon-Fri	8:00a-5:00p	9:00a-7:30p	6:30a-8:15p
Sat	8:00a-1:00p	9:00a-1:00p	8:00a-4:45p
Sun	Closed	Closed	Closed

### Pool Hours of Operation

Days	Indoor Pool <i>Open year-round</i>	Outdoor Pool <i>Seasonal</i>
Mon-Tue	6:30a-8:00p	11:00a-7:00p
Wed	6:30a-8:00p	Closed
Thu-Fri	6:30a-8:00p	11:00a-7:00p
Sat	8:00a-4:45p	11:00a-4:00p
Sun	Closed	1:00p-4:00p

Norfolk Recreation, Parks & Open Space  
501 Boush Street • Norfolk, VA

(757) 441-2400

[Norfolk.gov/RPOS](http://Norfolk.gov/RPOS)



/NorfolkRPOS

RECREATION, PARKS & OPEN SPACE



7300 Newport Ave • Norfolk, VA  
757-823-4301 • [Norfolk.gov/rpos](http://Norfolk.gov/rpos)



## Amenities & Services

Weight Room

Cardio Room

Circuit Training Room

Indoor & Outdoor Pools

Men's, Women's & Family Locker Rooms

Racquetball Courts

Basketball Court

Tennis Courts

Certified Personal Trainers

Fitness & Aerobic Courses

Personal Fitness  
Assessments

Fitness Orientations

Health & Wellness  
Expos

Monthly AFAA  
Training Workshops



## Fit kid Zone! (FkZ)

Inspired by the rising numbers of obese children across the nation, Fit kid Zone! (FkZ) is designed to teach kids to have fun while exercising. A fitness specialist will teach proper use of cardiovascular and resistance equipment, while incorporating other recreational activities and games. Cost to participate in FkZ is included in the annual membership fee to NFWC. To learn more about Fit kid Zone! contact (757) 823-4301 and speak with a fitness specialist.



## NFWC Annual Membership

Type	Residency	Ages	Cost
Annual	Resident	5-7	\$25
Annual	Resident	8-14	\$50
Annual	Resident	15-23	\$65
Annual	Resident	24-65	\$120
Annual	Resident	66-80	\$75
Annual	Resident	81 & better	Free
Annual	Non-Resident	All	\$250
Single Day	Resident	5-18	\$5
Single Day	Resident	19-80	\$10
Single Day	Resident	81 & better	Free
Single Day	Non-Resident	All	\$15
Weekly	Resident	All	\$30
Weekly	Non-Resident	All	\$45
Monthly	Resident	All	\$75
Monthly	Non-Resident	All	\$100

## Recreation & Fitness Courses

NFWC is not only a great facility for health and wellness, but is also home to fee-based recreation and fitness courses. Membership is not required to take part in fun-filled courses, such as:

Tae Kwon Do	Kickboxing
Learn-to-Swim	Guitar
Zumba	Aerobics
Yoga	Piano
Strength Training	Pilates
Boot Camp	Ballet
Water Fitness	Belly Dancing

